



YOU HAVE MORE SUPPORT THAN YOU THINK ON THE ROAD TO RECOVERY

Many people care for you and want you to succeed, whether it's your parents or others, such as extended family, friends, mentors, and coaches, whose advice you value.

Substance use and mental disorders affect more young people than you realize.

- Almost 8.5 million 12–25-year-olds need help with a substance use disorder.
- One in five young people has a mental health problem.

Recovery opens the doors to a world of opportunities.

- Almost 75 percent of the population believes recovery from a substance use disorder is possible.
- Two-thirds of Americans believe treatment and support can help someone with a mental health problem lead a normal life.

Treatment options are available for those with drug, alcohol, or mental health problems.

- Recovery is a combination of helping yourself and having others help you.
- Comfort and support, information and advice, and professional treatment are all forms of help.

People **can recover**, accomplish their goals, and lead happy, healthy lives.

For more information about recovery and events for teens or young adults, visit **<http://www.recoverymonth.gov>** or call **1-800-662-HELP (4357)**.

